



# Join the NAS Jax 1,000 Mile Club

## HOW TO JOIN

Runners must complete on foot, running or walking only and must be tracked using a pedometer-style tracking device, often located in cell phones and smart watches.

## SIGN UP

Sign up and log the miles on the Fitness Center log sheet. Upon completion, runners will receive their names on the official club plaque and a t-shirt.



Fitness Center



904-542-3518



STAY CONNECTED AND FOLLOW US ONLINE

@NASJAXMWR | NavyMWRJacksonville.com

